**Solidarity with Sisters’ Communal Contemplative Prayer – Oct. 6-7, 2020**

**GATHERING**

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Loving God, we come here now to know you

alive in us.

Help us to let go and to let come.

Help us to live the questions.

Help us to settle into your presence with quiet openness.

Feel the comfort of your chair and relax into it… and relax into God’s love for you. Let your breath deepen and quiet. Notice your body and any tension you may be carrying. Releasing tension, you may want to tighten as you inhale and relax as you exhale—your head and jaw and neck, shoulders arms and hands, stomach, hips, legs and feet. If distractions come, let them slide away. Notice your breath.  Take a deep breath, hold for a count of three, and very slowly exhale. Again. Feel your chest and stomach rise and fall as you gently breathe… Know the Spirit is moving in you gently and easily. Again, take 3 gentle breaths.  One to be here… one to be together….and one to carry you into 10 minutes of silence in God.

**(10 minutes of silence)**

Now let’s listen to words by Trappist monk Thomas Merton (1915-1968), and then take them into 20 minutes of silence with God.

My Lord God,  
I have no idea where I am going.  
I do not see the road ahead of me.  
I cannot know for certain where it will end.  
nor do I really know myself,  
and the fact that I think I am following your will  
does not mean that I am actually doing so.  
But I believe that the desire to please you  
does in fact please you.  
And I hope I have that desire in all that I am doing.  
I hope that I will never do anything apart from that desire.

And I know that if I do this you will lead me by the right road,

though I may know nothing about it.  
Therefore will I trust you always though  
I may seem to be lost and in the shadow of death.  
I will not fear, for you are ever with me,  
and you will never leave me to face my perils alone.

**(20 minutes of silence)**

**PRAYERS**

Let’s come back together… Let us take a moment to let our experience in silence take a shape we can hold onto….. Let us invite each other to share the prayers that arise in us now.

(Shared prayers – “Holy One, hear our prayer.”)

O you who love us, help us hold firm in our deepest intention, which is always you. Strengthen our trust in you as we walk ahead on unclear paths whose destination we cannot see. Give wisdom and courage to Catholic sisters and their leaders; let them feel our hands as we walk together in solidarity. For this we pray. Holy One, hear our prayer.

**CLOSING**

O Great Love, we place all of our prayers, those spoken and those unspoken, into your care. We entrust the outcome to you, and we offer you our hearts, our minds, and our wills in service of that outcome, even if it’s not what we had in mind. And so together we pray: Come, Holy Spirit. fill the hearts of your faithful and kindle in us the fire of your love. Send forth your Spirit and we shall be created, and you shall renew the face of the earth. Amen.

**SIGN OF PEACE**